

SWEATBREAD

Ingredients :

3 lbs of flour (white)
 $\frac{1}{2}$ lbs of " st
2 spoons of yeast
1 lbs of sugar
a pinch of salt (little bit of salt)
1 cup of raisins or currants
some aniseseeds.

To one lb. of flour add four cups of water, mix it with the yeast and knead them well. Then put half of the margarine, half of the sugar, the little bit of salt and the anise seed. Mix the ingredients well.

Cover the dough, allow it to rise for one hour. Thereafter, when it has risen well, put the rest of the ingredients and knead the dough and roll it.

After the dough has been rolled sufficiently, allow it to rise again for one hour.

Before baking it, turn the oven at 300 degrees Fahrenheit for about 45 minutes.
